

















A stack of three cheeseburgers is displayed on a light blue plate. The burgers feature golden-brown buns with white sesame seeds. The top burger is clearly visible, showing its meat patty and melted cheese. A red rectangular callout box is positioned to the left of the top burger, containing nutritional information.

26-36 Grams Fat

38-50 Grams Carbos

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18-26 Grams Fat

56-69 Grams Carbos







D-25-5

# GUIDE TO GOOD EATING

Hot Griddle Cakes

FOOD ITEM

2 pieces

SERVING SIZE

CALORIES	
FAT	SODIUM
210	m m

## Nutrition Information



DAIRY \_\_\_\_\_ MEAT \_\_\_\_\_ GRAIN \_\_\_\_\_ FRUIT VEG \_\_\_\_\_ OTHER \_\_\_\_\_





# Nutrition Facts

Potato Chips

Serving Size 1 oz.

## Amount Per Serving

**Calories** 150

Calories from Fat 90

% Daily Value \*

**Total Fat** 10 gm

15 %

Saturated Fat 3 gm

15 %

**Cholesterol** 0 gm

0 %

**Sodium** 133 mg

6 %

**Total Carbohydrate** 15 gm

5 %

Dietary Fiber 0 gm

0 %

Sugars 0 gm

0 %

## Protein 2 gm

Vitamin A 0%

Vitamin C <2%

Calcium <2%

Iron <2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		26g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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